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'ALBERTA hasn't hit BOTTOM'



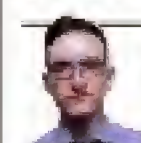
**Exclusive poll
indicates that
47% of Albertans
continue to be
pessimistic about
the province's
economic future**

metroNEWS

Startup scores X-Men cred

ST. ALBERT

Smart Drones' footage makes the cut in latest from franchise



Kevin Maimann
Metro | Edmonton

Three minutes of vacation footage got a St. Albert startup into a Hollywood blockbuster.

Eric Wilson and his friends at Smart Drones went to the Rocky Mountains and brought a drone, typically used for very unflashy things like 3-D modelling of gravel pits, to make a recreational video.

The resulting clip, with overhead shots of gorgeous scenery set to the sound of Sunday Girl covering the Pixies classic *Where Is My Mind*, was made strictly for friends and family.

"We put it up on YouTube for everyone to have a place to go look at it," Wilson said.

After a friend shared the video on Reddit, Wilson got a call from a viral aggregator who pitched it to major media outlets across North America.

A week later, he got an email from someone claiming to be an assistant editor at 20th Century Fox who wanted them to shoot a scene for the X-Men:

Apocalypse movie. He thought it was spam.

It wasn't.

"It turned out he was for real, he just really liked that video and he wanted to see if we could license them some footage."

Soon, Wilson was talking to John Dykstra, a visual effects pioneer who worked on the original *Star Wars* films. It turned out he, too, had seen the group's vacation footage and was working on the X-Men flick.

"Having the opportunity to work with him, being a big *Star Wars* fan myself, was absolutely phenomenal," Wilson said.

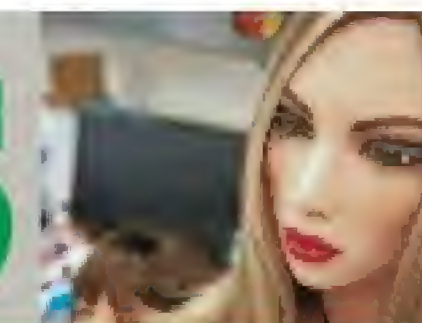
Dykstra instructed Smart Drones to find a location in the mountains with an "ominous" feel and "very, very specific amounts of snow and ice." The crew set off to Mount Robson Provincial Park in B.C. and collectively hiked more than 100 kilometres to get the footage, while pulling 200 pounds of equipment on a sled.

A 20-second clip from that gruelling trek made the final cut of the No. 1 box office smash, *X-Men: Apocalypse* pulled in \$80 million in its opening weekend.

Last week, Wilson was one of the millions who saw his work on the big screen.

"That was when everything became real to me," he said.

"The second I saw it on the screen it definitely struck me quite powerfully."



Eskimos reach out to a new generation

SPORTS

Hope younger fans will bring new life to the stadium



The Edmonton Eskimos are hoping a new generation of football fans will help them boost struggling attendance numbers and bring new life to Commonwealth Stadium.

With the season set to get underway in just a few weeks, the club has introduced a new standing section that it hopes will appeal to younger fans.

"We created a tiered deck system in both north end corners of the end zone," said Scott Murray, the team's vice-president of ticket sales.

He said the new section will be sold online during the week and they hope it will allow for a more social experience.

"They like some freedom to move around, as opposed to being assigned to a specific seat," he said.

Last year, the team averaged 31,517 fans per game — part of a downward trend they have seen in recent years. Murray said they do hope to improve those numbers, but it's also about



"We think they will come for the social experience."
Scott Murray

The Eskimos are hoping a new section will bring more younger fans to the game and help them become lifelong supporters of the team. METRO FILE

making sure the team is offering something for everyone.

"This helps us engage a different group of people that we don't think we have engaged enough," he said.

"We think they will come for the social experience and maybe do two or three games a year."

Jay Ball, the general manager of FC Edmonton, said he believes the Eskimos are on the right track trying to attract millennial fans.

Ball said his team already has much of that younger audience and they've attracted them in part by advertising where

they are.

"The live on social media, they live on mobile devices and tablets and computers. You can't reach them through billboard advertising," he said.

He said they also encourage people to get excited about the game and have a good time,

much like what the Esks are planning for the new sections.

"We're not selling soccer. We're selling a really unique sports experience."

He said teams everywhere are going to have to think about how to get new fans into the seats.

TRUTH AND RECONCILIATION

Schools honoured for work



A handcrafted bentwood box that incorporates decorative tiles made by 300 Balwin school students was just one of several reconciliation projects that were showcased at a City Hall ceremony on Friday.

The celebration — which marked the one-year anniversary of the Truth and Reconciliation Commission report — was held to recognize the efforts made by school staff, students and Edmonton school boards to incorporate reconciliation activities and education materials during the academic year.

"Although different schools and districts have been doing different things during the year, this was an opportunity to show they're part of a greater whole, and everyone is working on this together," said Mike Chow, director of indigenous relations at the city of Edmonton.

This fall at the Balwin School, every student will add an item or a handwritten promise to reconciliation to a bentwood box — made by a Grade 9 indigenous student — and revisit it at the end of the school year.

"We wanted to recreate the significance of the bentwood box that travelled with the Truth and Reconciliation team across Canada," said Holly Yuzicapi, a consultant with Edmonton Public Schools.

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Company unveils recycled suite

SUSTAINABILITY

Honomobo brings shipping container home to Churchill Sq.



Kevin Maimann
Metro | Edmonton

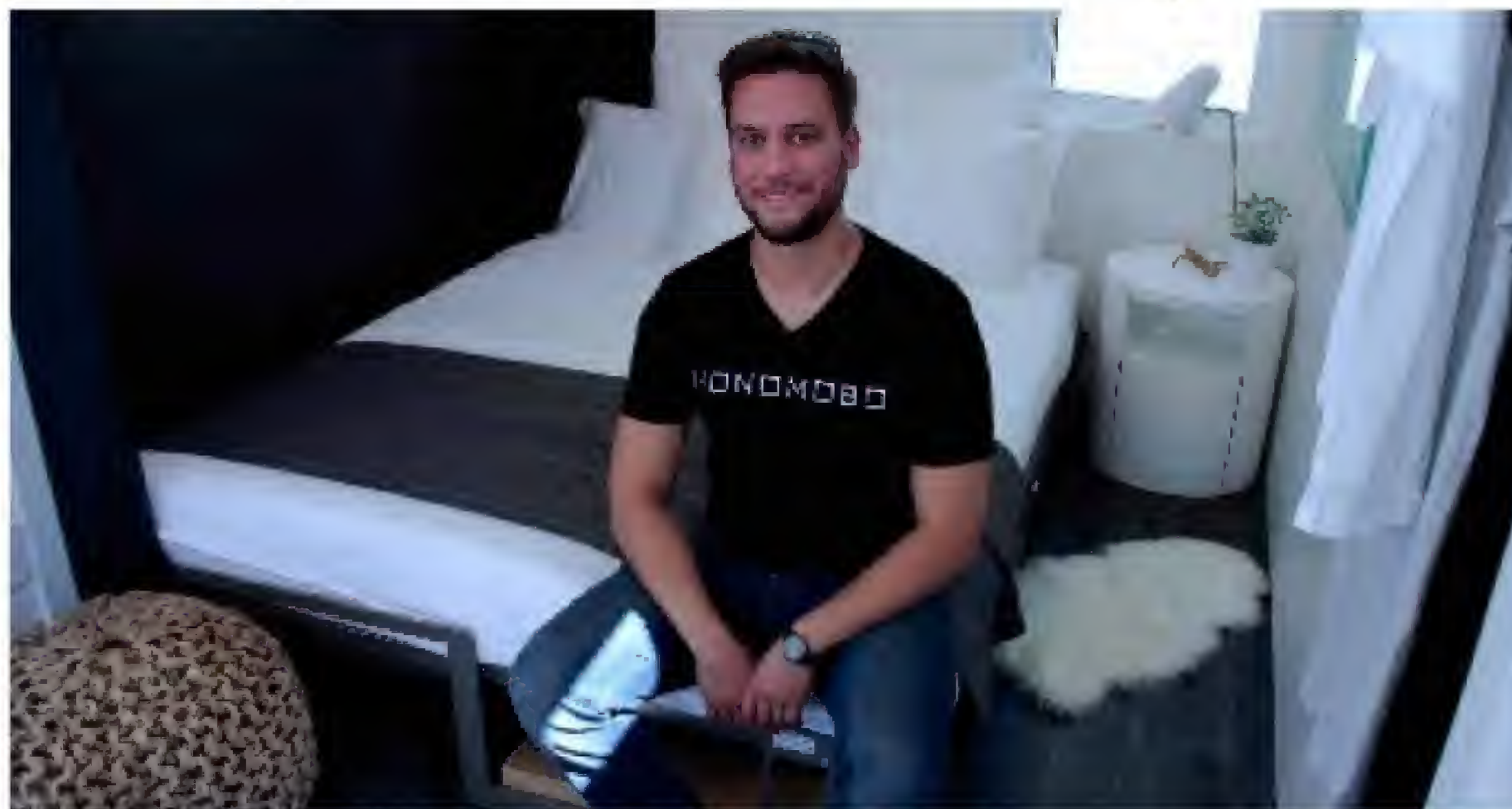
An Edmonton company plopped a house down on Churchill Square Friday.

Honomobo took to the square to unveil its first suite made from two recycled shipping containers.

The HO2, which would retail for \$100,000, is powered by solar panels and stretches 16 feet by 22 feet. It's currently being marketed as a backyard or garage suite.

"Almost every lot in the city is eligible for a garage and garden suite, which is a second dwelling that you can rent out in your backyard, and we are planning to build a whole bunch of these and install them," said Honomobo co-owner Daniel Engelman.

The HO2 features a full liv-



Honomobo co-owner Daniel Engelman sits inside of the HO2, a suite made from recycled shipping containers, during its unveiling at Churchill Square Friday. KEVIN MAIMANN/METRO

ing room with a small eating area, as well as a full kitchen and bathroom, and a desk that folds down into a queen size bed. Solar panels and an air-

source heat pump handle hot water and electricity.

"With enough solar panels, we can do a net positive, where it creates more energy than

it uses on an annual basis," Engelman said.

Sustainability was a major factor in building the miniature homes. Engelman said

there are more than 17 million shipping containers worldwide and most of the watertight, airtight, fire resistant structures wind up at the dump after use.



It's also about recycling. It's just a very efficient and cost-effective structure.

Daniel Engelman

"It's also about recycling," he said.

"It's just a very efficient and cost-effective structure."

The company has four models of the shipping container home, ranging in price from \$49,000 to \$198,000, with the biggest one spanning 1,216 square feet.

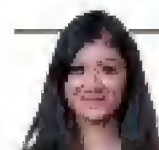
By the time Honomobo unveiled its first unit on Friday, the company was already fielding orders from around the world.

"We have three orders in California, two in Hawaii, Kelowna, Vancouver, then we've had interest from 57 countries worldwide and this our first actual unit," Engelman said.

Edmonton councillors approved changes last year that allow for garden and garage suites across the city.

RAMADAN

Islam's holiest month begins



Sanam Islam
Metro | Edmonton

If you have a Muslim friend, you may have recently heard them express their excitement for Ramadan.

In the Islamic lunar calendar, the holy month — expected to begin on either June 6 or 7 based on the sighting of the new moon — is a time for fasting, focusing on prayer and giving to charity.

Fasting during Ramadan is considered one of the five pillars of Islamic faith, and is intended to remind Muslims of the suffering of the poor, build self-control and bring them closer to God. After the month is over, a three-day celebration called Eid Al-Fitr takes place.

Here are some common questions, that as a Muslim, I get asked:

So you can't drink or eat at all?

Muslims wake up before sunrise to eat and drink. After the sun rises, they refrain from both, in addition to smoking and sexual activity, until sunset. At iftar time, family members or friends will get together, and the fast with a date or refreshing drink, pray, and then have a full meal.



Emad Alsheblak spent his last Ramadan in Jordan, having escaped Syria, but he and his family will be celebrating with other Muslims in Alberta this year. AARON CHATHA/METRO

It seems hard! How do you do it?

It's challenging, especially in Edmonton where daylight lasts for 19 hours this Ramadan! But after the first several tough days, your body adapts and it gets easier.

Isn't fasting bad for you?

Actually, studies show that fasting has numerous health benefits, including removing toxins from the body, giving your digestive system a rest and breaking down fats.

That being said, if you are ill,

pregnant or elderly, you are not required to fast during Ramadan. Those who are not able can make up the fasts later, or provide meals to the poor.

Will I offend my Muslim friend/co-worker if I eat or drink in front of them?

No, Muslims understand that everyone around them can't stop eating and drinking during Ramadan. However, your fasting friend or co-worker will likely appreciate it if you avoid scheduling lunch or dinner meetings.

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Read more about Cydney's story at MacEwan.ca/Cydney.

Albertans see it half-empty

ECONOMY

Oil uptick not enough to fill Albertans' drinking glass



Ryan Tumilty
Metro | Edmonton

The recent uptick in oil price isn't enough to sway Albertans into thinking the province has a rosy future ahead of them when it comes to the economy.

A poll conducted exclusively for Metro shows that 47 per cent of people believe the economy has yet to hit bottom and that things will still get worse before they get better.

Another 38 per cent believe the economy is starting a recovery, while 15 per cent of

people are unsure about the current situation.

Marc Henry, president of ThinkHQ, who conducted the survey said people still seem to see the glass as half-empty.

"People think there is still sort of another shoe that may drop before it starts to get better. There is an air of pessimism that still lingers in the province," he said.

The survey also asked Albertans whether oil prices would eventually start to rise or if low oil is a new normal.

On that question 57 per cent of respondents assume prices will come back up, bringing the economy with them.

"They think this is fairly normal even though nobody likes it. Most Albertans think this is part of the normal price cycle and eventually we will be back into a higher priced market," said Henry.

On that same question, 28

per cent of residents believe the world may have fundamentally changed its course and that low prices are here to stay.

Overall, Henry said public sentiment will likely be the last thing to change when it comes to the economy, because things will have to get much better before people begin to feel it in their wallets.

"You're going to need to see prices at a level where you start to see some of these companies hiring people back and that's going to take time."

The online survey uses a representative, but non-random sample and margin of error is not applicable, but a sample of this size would yield a margin of error of plus or minus 2.7 per cent 19 times out of 20.

To join the Voice of Alberta Panel, visit voiceofalberta.com.

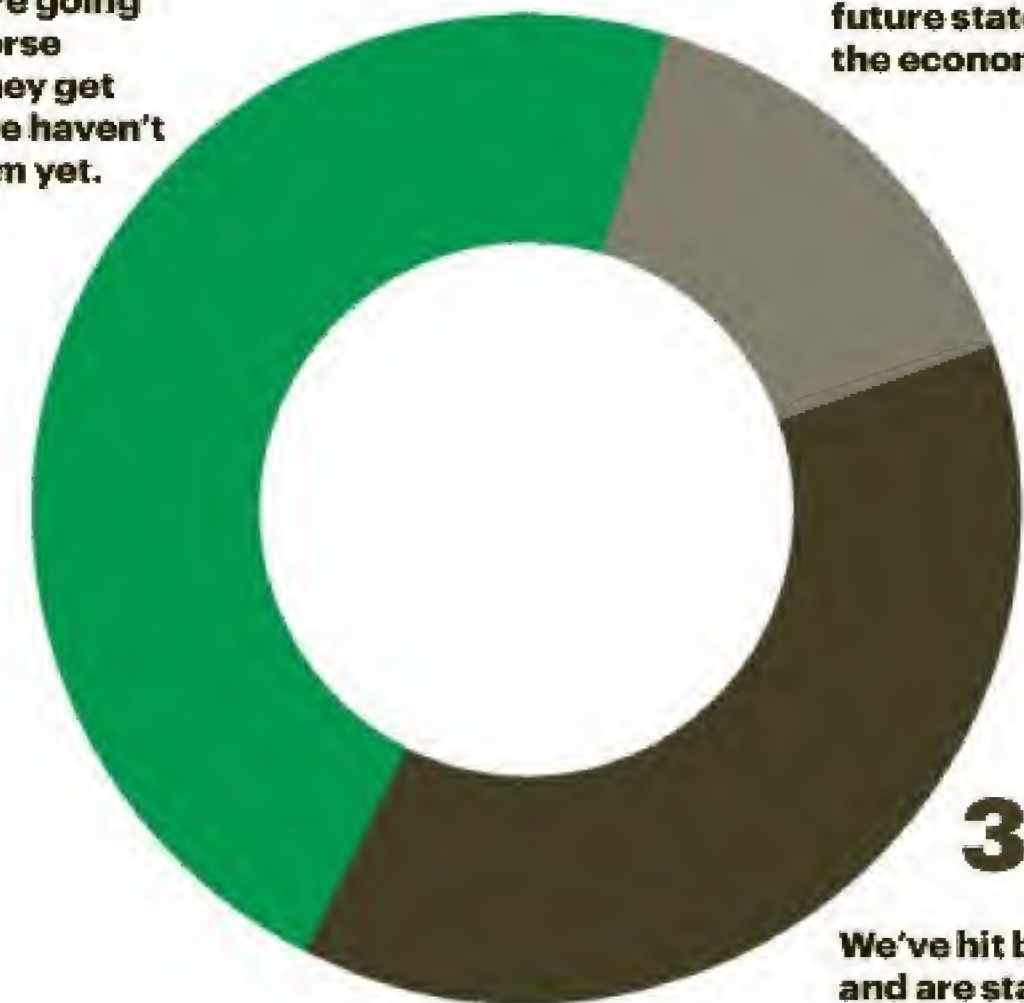
1 When it comes to the future price of oil, and its impact on Alberta, which of the following points of view best represent your own feelings?

47%

Things are going to get worse before they get better; we haven't hit bottom yet.

15%

Unsure of the future state of the economy



38%

We've hit bottom and are starting to recover; things are going to get better.

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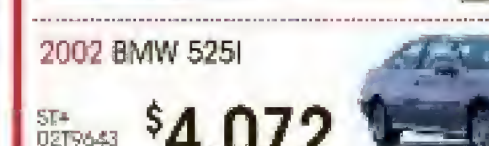
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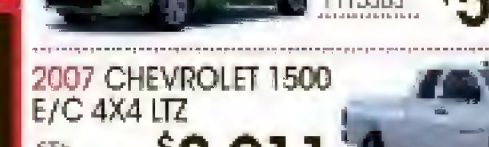
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Wildrose parades pride

INCLUSIVITY

Party shows its support for the LGBTQ community



Jeremy Simes
For Metro | Calgary

They're here, and they're queer — sort of.

On Sunday, Wildrose volunteers were giving away their LGBTQ shirts at the Lilac Festival, showing that they, too, fancy the rainbow.

In light of a homophobic Facebook comment about Ontario's premier that Wildrose MLA Derek Fildebrandt endorsed, a group of Wildrose volunteers and officials hit the streets to vocalize their support for the LGBTQ community.

Fildebrandt, who was also on the street with Wildrose LGBTQ shirts, had apologized online that night after the endorsement, saying he had not read the original comment



Wildrosers Alex McColl, Jessica Schmidtke and Jeromy Farkas sport Wildrose Pride shirts at the Lilac Festival on Sunday. JEREMY SIMES / FOR METRO

correctly.

Jeromy Farkas, president of the Wildrose's Calgary-Elbow constituency association, said his constituency expects the party to condemn homophobia and defend the rights of all people.

That includes supporting religious organizations that don't condone same-sex mar-

riages while still championing gay rights, according to Alex



We ... wanted to be visibly championing their efforts.

Alex McColl

McColl, who's also part of the Calgary-Elbow constituency.

"For years, we've had a lot of LGBTQ members and volunteers and we just wanted to be visibly championing their efforts, and figured why not now," he said.

"We were going to order (the shirts) for Pride anyway, but our members and volunteers

are members of that community now, so why should we keep the shirts in the closet after we order them?"

Deborah Drever, NDP MLA for Calgary-Bow, said she's glad the Wildrose is recognizing it needs to include the LGBTQ community.

"I think it took them time for them to finally do it," she said. "I'm just happy to be part of a government that's fully inclusive."

In 2014, the Wildrose voted 148-109 against an attempt to enshrine an equality statement that respects the rights of people regardless of race, religious belief, gender and sexual orientation.

McColl said the Wildrose isn't a party that likes to segment the population. Rather, he emphasized the party is inclusive and respects of all individuals.

"We accept everyone," he said. "We're a big blue tent."

Though McColl said the party doesn't have an LGBTQ caucus, he said it's something worth considering, again emphasizing that the party doesn't like to segment.

IN BRIEF

Opposition party issues apology for online gaffe

Alberta's Wildrose Opposition has apologized for comparing the NDP government's carbon tax to a famine caused by Soviet government policies in Ukraine during the 1930s that killed millions.

The article posted on a blog says socialist collective mentality has failed globally and the carbon tax will give people an incentive not to invest in Alberta. The party released an apology Friday. THE CANADIAN PRESS

Tories to choose leader

Alberta's Progressive Conservatives will pick a new leader next spring.

Party president Katherine O'Neill shared via Facebook that the board of directors met in Calgary on Saturday. The election will be held before April 30, 2017.

Calgary-Hayes MLA Ric McIver has acted as interim leader since former premier Jim Prentice's resignation.

O'Neill said a leadership election committee has been appointed to iron out details for the contest.

THE CANADIAN PRESS

Get Ready for Spring

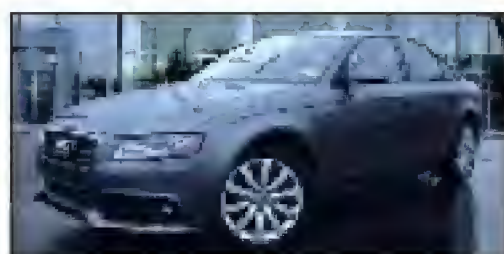


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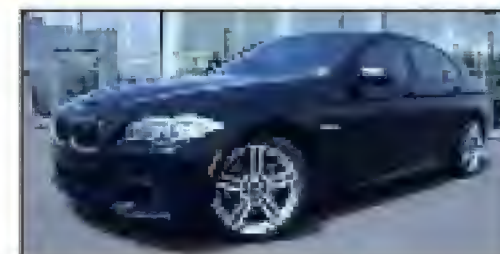


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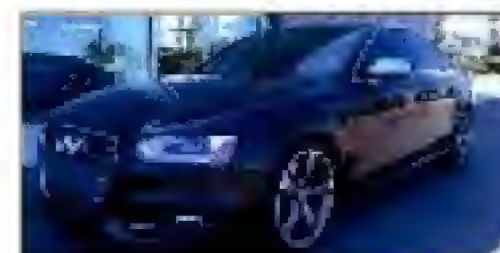


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Lovers guilty in plot

SASKATCHEWAN

Couple undone by undercover officer, secret tape recording

Two lovers accused of plotting to kill their spouses in Saskatchewan have been found guilty of conspiracy to commit murder.

The jury in Prince Albert took close to 30 hours before convicting Curtis Vey and Angela Nicholson on Sunday.

Crown prosecutor Lori O'Connor had argued that the pair planned to kill Vey's wife, Brigitte, in a house fire, and Nicholson's husband, Jim Taylor, by drugging him and making him disappear.

Court heard earlier in the trial that Brigitte Vey hid an iPod under the kitchen table at their farmhouse and secretly recorded her husband and Nicholson hatching the plan on July 1, 2013.

O'Connor said based on that conversation, both of the accused met the threshold for conspiracy.

But Vey and Nicholson's lawyers told court their clients weren't serious about killing their spouses and didn't have any intention of doing so.

Court also heard a conversation Nicholson had with an undercover police officer who was in a cell with her after she was arrested July 6, 2013. Nicholson said she researched how to set a grease fire but was too "chicken" to do it.

Nicholson told her cellmate that her marriage to Taylor crumbled because of his alleged alcoholism, addiction to cocaine and a gambling habit that lost the couple \$100,000.

She said Taylor was emotionally abusive and prevented her from finishing their divorce proceedings.

Nicholson admitted she and Vey talked about doing something to their spouses but added they would never act on it.

"You say things out of anger, but nothing that you intend to do," Nicholson said. "I can't even kill a frickin' mouse."

THE CANADIAN PRESS



Curtis Vey, left, and Angela Nicholson were found guilty of plotting to kill their spouses. JENNIFER GRAHAM/THE CANADIAN PRESS

ENVIRONMENT

Feds monitor debris from Russian rocket

The federal government says a Russian rocket, that upset Inuit groups over its potential to pollute Arctic waters with toxic fuel, has launched.

A spokesman for the federal public safety department says the rocket blasted off Saturday morning.

Kevin Miller says the government monitored the launch and re-entry of debris closely.

In an email he said no debris had been observed falling on Canadian territory as of Sunday morning.

A stage of the Russian satellite-launching rocket was expected to fall into Baffin Bay between Ellesmere Island and Greenland outside Canadian territorial waters, but within seas over which Canada has economic control.

Published reports from experts on the Russian space program suggest it's normal for about 10 per cent of the fuel in the main stage to re-

main unburned, and an Arctic contaminant specialist at the University of Manitoba says the hydrazine fuel is highly toxic and is known to persist in water.

Questions that were emailed to Public Safety Canada about where the debris from Saturday's launch fell were not immediately answered.

The area of concern in Baffin Bay is heavily hunted and travelled by Inuit from nearly a dozen communities in Canada and Greenland.

A commission of Inuit in Canada and Greenland was preparing a formal protest to Russia over the launch, and the Canadian government has said it has told Russia it wants more advance information about such launches.

A spokesman for the Russian embassy had said last week that all the fuel should have burned up by the time the rocket stage splashed down. THE CANADIAN PRESS

10%

Amount of fuel in the main stage often left unburned, according to experts on the Russian space program.

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Getting votes for assisted dying bill

POLITICS

PM lets caucus follow their conscience on controversy

Doug Eyolfson did not love the physician-assisted dying bill at first, but he ended up supporting it.

The Winnipeg emergency room doctor and Liberal MP was concerned the Trudeau government's proposed legislation would not allow patients to decide in advance they would like to end their lives with the help of a physician once they reached a certain point.

"It's something that I would personally want for myself and something I would like to see, at some point, provided to patients as an option," Eyolfson said.

The deeply personal played

a major role in the decisions of individual Liberals when it came to their votes on Bill C-14, the federal government's response to the Supreme Court ruling that did away with the ban on physician-assisted suicide.

Prime Minister Justin Trudeau kept his promise to give his caucus a free vote on this matter of conscience, while ensuring his Liberal government avoided embarrassment on a major piece of legislation which could end up being a part of its legacy.

The political victory could be short-lived, as C-14 is getting a serious grilling in the far-less-predictable Senate, but the moves to quell opposition debate in the House of Commons and the lengthy discussions with caucus offer a glimpse at how the government will handle other thorny issues it will face during its mandate.

THE CANADIAN PRESS



Prime Minister Justin Trudeau speaks during the annual Press Gallery Dinner. ALL PHOTOS THE CANADIAN PRESS



Tom Mulcair literally dropped the mic. Literally.

POLITICAL COMEDY

Leaders crack wise at Press Gallery dinner

Federal party leaders put down their swords to celebrate those who wield the pens and microphones Saturday night.

Prime Minister Justin Trudeau, interim Opposition Conservative Leader Rona Ambrose and NDP Leader Tom Mulcair all spoke at a dinner honouring 150 years of the parliamentary press gallery.

None missed an opportunity for digs at themselves, each other and the reporters they gathered to celebrate.

And neither did Trudeau's wife, Sophie Gregoire-Trudeau.

In reference to recent coverage that she needs more staff,



I will miss his leadership, his good advice. I will not miss the wedgies. Justin Trudeau, on Barack Obama

she called four members of Trudeau's inner circle to the stage at the Museum of History and had them unveil a yoga mat.

She then balanced herself on her arms, legs up in the air, telling her husband that was how it was done — a dig at a photo of him doing a similar move that's been widely circulated online.

Justin Trudeau also poked fun at another political counterpart

— U.S. President Barack Obama.

At the recent White House Correspondents Dinner, Obama had cracked a joke at Trudeau's expense. Trudeau's response: He'll miss him.

"I will miss his leadership, his good advice," he said. "I will not miss the wedgies."

Another leader whose departure was noted: former prime minister Stephen Harper.

In offering up suggestions for new slogans for the current Conservatives, Ambrose suggested "the bad man is gone."

On his way out — and choosing to hold nothing back — was Mulcair, who declared he was different than the others because he no longer cares.

After a speech laden with hits at pollsters, various media outlets and himself, he drew to a close.

"I have a lot more here but I was just informed in Edmonton that I have to go," he said.

He then dropped a microphone on the stage and declared "Mulcair out." THE CANADIAN PRESS

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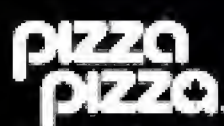
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Daesh stronghold secured

MIDDLE EAST

Extremists losing grasp in Iraq, Syria

Iraqi forces secured the southern edge of Daesh's stronghold of Fallujah on Sunday, two weeks after the launch of an operation to recapture the city, the Iraqi special forces commander overseeing the operation said.

Iraqi special forces, also known as its counterterrorism forces, have secured the largely agricultural southern neighbourhood of Naymiyah under cover of U.S.-led coalition airstrikes, Lt. Gen. Abdel Wahab al-Saadi said. Special forces are now poised to enter the main city, al-Saadi said.

The Fallujah operation coincides with a twin offensive on Daesh strongholds in neighbouring Syria. Syrian Kurdish forces are advancing on Manbij, a Daesh-held city controlling the supply route between the Turkish border and the town of Raqqa, the militants' de facto capital. At the same time, Syrian government troops are advancing on Raqqa from the south.



Abdul Rahman Ismail, an Iraqi soldier who has been targeted by Daesh extremists who destroyed his house two years ago, is reunited with his family after they fled their town, as displaced Iraqi families gather outside a military camp outside Fallujah. KHALID MOHAMMED/THE ASSOCIATED PRESS

ciding on Raqqa from the south.

The slow-moving Iraqi operation was announced in May. An array of troops including Iraqi military divisions, the federal police and the largely Shiite militia groups, known as the Popular Mobilization Forces, had cleared Daesh from the majority of Fallujah's suburbs.

On Monday, Iraq's elite special forces began pushing into the city centre, but they have faced stiff resistance as Fallujah has been under Daesh control for more than two years, and the militants have been able to erect complex defences.

Tall dirt berms dot the dusty fields to the city's south. A single column of counterterrorism

Humvees snaked up toward a row of low lying houses that mark the beginning of the main city.

"VIBED! VIBED!" shouted an Iraqi air commander from a small mobile base. Using an acronym for a car bomb, the Iraqi special forces officer called

+ FATALITY

A top Syrian Kurdish commander died Sunday, several days after sustaining injuries during a U.S.-backed campaign to unseat Daesh from its de facto Syrian capital, Raqqa. Abu Layla, who commanded a brigade inside the predominantly Kurdish Syrian Democratic Forces, was hit by Daesh sniper fire near Manbij, a key stronghold that controls the supply route between the Turkish border and Raqqa.

to Australian coalition forces over a hand-held radio. Moments later, a plume of white, then black smoke appeared on the horizon. Commanders at the scene said the explosion was created by a coalition rocket destroying the incoming car bomb.

"We are expecting many more," once inside the city's more urban neighbourhoods, al-Saadi said. Fallujah is one of the last strongholds of Daesh in Iraq. THE ASSOCIATED PRESS

ECONOMY

Swiss vote no to basic income

Swiss voters overwhelmingly rejected a proposal that would have guaranteed everyone in the Alpine nation an unconditional basic income, according to projections published Sunday by public broadcaster SRF1.


The plan could have seen people in this wealthy nation of 8 million people receive about 2,500 Swiss francs (\$2,560) per month — enough to cover their basic needs.

Proponents argued that a basic income would free people from meaningless toil and allow them to pursue more productive or creative goals in life. Critics said the plan would explode the budget and encourage idleness, which appears to have convinced voters.

Based on a partial count of results from 19 Swiss cantons (states), the gfs.bern polling group calculated that 78 per cent of voters opposed the measure against 22 per cent in favour.

The Swiss government advised voters to reject the proposal, but the idea has won over some economists.


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Robot sex, love and ethics

TECHNOLOGY

Advancement in robotics raising ethical questions

She's the perfect woman: 34-24-34, compliant and agreeable, an enjoyable conversationalist and lacking any traits that could be considered a flaw — including rejection.

That's because she's a machine.

Robots designed to satisfy sexual desires are close to transcending fantasy to become reality thanks to rapid advancements in artificial intelligence, computing that allows machines to mimic human affects and high-tech sensors and materials.

The technology has so far yet to cross the "uncanny valley" — the wide gulf from creepy to sexy sparked by almost-but-not-quite real humanoid robots.

They're essentially rubber bodies with motors and some software; more like the love doll

Bianca from Lars and The Real Girl than emotionally intelligent gynoid Ava from Ex Machina.

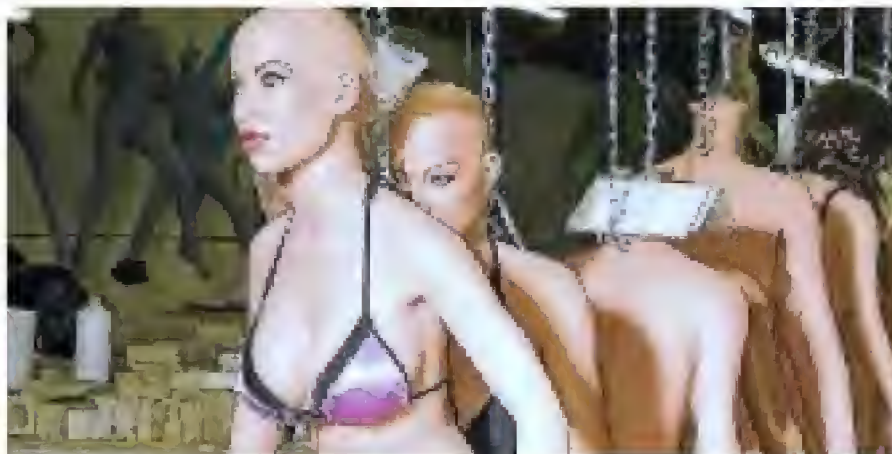
But sex robots are already raising ethical, legal and moral questions of consent, sexism, human biases and what our desire for them says about human psychology.

The debate over them highlights one of the more controversial aspects of the increasingly social nature of our interactions with robots as they move from factories into our homes and someday, our bedrooms.

"How we treat robots — it's a mirror of our own psychology in a way," said Kate Darling, an expert in robot ethics at MIT's Media Lab.

Darling is fascinated by our strange desire to anthropomorphize, or attribute human agency to machines, and engage with them in a social way. She studies human empathy for robots through the lens of violence toward them.

"The interesting thing is not the robots, it's how robots reveal things about our own behaviour and psychology that we're only



The Realbotix factory, where some of the world's first sex robots are being developed. ABYSS CREATIONS/PHOENIX STUDIOS/TORSTAR NEWS SERVICE

just learning — including the question of whether sex robots are going to be a healthy thing or unhealthy thing for people."

Sex robot company True Companion says thousands of people have paid upwards of \$7,000 for pre-orders of Roxxxy, "the world's first sex robot," programmed to learn an owner's preferences. However, it remains unclear whether any have actually been produced.

Elsewhere in the race to be first to market, Real Doll is developing Realbotix, a high-end silicone doll with artificial intel-

ligence. It plans to release prototypes this year with sales slated for 2017.

However, there's also an organized campaign to ban sex robots over a lack of critical examination of questions about the potential harms and inequalities exacerbated by the new sex objects.

Lawyer Sinziana Gutiu believes users could be alienated by rendering them less able to form human relationships and that they could erode the need for consent in male-female sex. TORSTAR NEWS SERVICE



Sex robots are raising questions of consent, sexism and human psychology. ABYSS CREATIONS/PHOENIX STUDIOS/TORSTAR NEWS SERVICE

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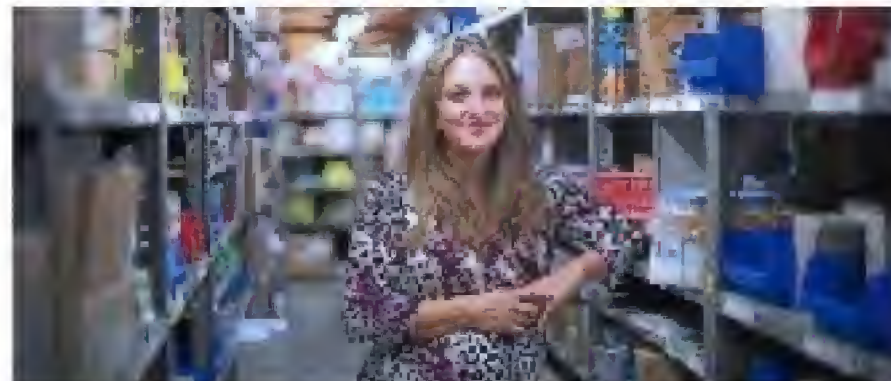
Drawn to making a difference at work

As Michelle Reid watches Vancouver house prices soar while preparing for the arrival of her first baby, she sometimes kicks herself for not buying property 10 years ago.

But Reid says she can tough it out financially because she has a job where she's making a difference, which some Vancouver businesses are using to entice workers to the city with a high cost of living.

"There are a couple of things we're going to have to give up, but I don't feel unhappy for it," said Reid.

Reid, 40, works for Mills Of-



Michelle Reid of Mills Office Productivity in her company's Vancouver warehouse Friday. JONATHAN HAYWARD/THE CANADIAN PRESS

fice Productivity and oversees the company's environmental and social initiatives. She said she never suspected office sup-

plies would be the path to her passion, adding with a laugh, it's "not the sexiest industry."

Companies will be recruiting

at a Vancouver career fair on Thursday called Startup City: Impact Businesses at the fair want candidates who might otherwise be considering positions in less costly cities, said Keith Ippel, CEO of Spring Activator, which is co-ordinating the fair among a week of business-support events.

Vancouver as an unaffordable brand has spread across Canada, said Sean Elbe, with the Vancouver Economic Commission. He was at the University of Waterloo in Ontario last week promoting ways for employers to counter recruiting challenges.

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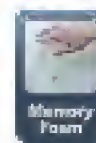
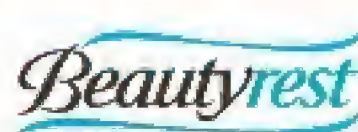
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THE RULES: WEDDINGS

As the summer-wedding wave prepares to crest, it's time to write down the most important of the many unwritten rules meant to ensure that this sexist, outdated, tacky tradition goes off as well as can be hoped for.

As June unfolds, and another batch of blushing brides and grooms pursue their hopelessly romantic, and also hopeless, dream of a perfect wedding, herewith are a few guest-etiquette basics. As always, the point is to be considerate, and this goes double for people who are getting married. For the attendees, keep in mind this is the one time normal, well-adjusted people are allowed to play out their dumbest, most outdated, sexist, tasteless, delusional fantasies. So take a deep breath, shut down your judgmental cortex — and let them go nuts.

Travel and accommodation. If the ceremony is taking place in the couple's hometown, it's up to you to get yourself there whether you live next door or on another continent. If it's a "destination wedding" set in an exotic location far from anyone's home, and if the couple (or their parents) are filthy rich, you might reasonably expect to be put up at the destination's resort, or ashram or mountain aerie. Alas, it's more common these days for guests to pay their own way, so if you can't afford it, do not feel obliged to go. Whether you want to honestly state your reasons or concoct a tactful (i.e., believable) excuse is up to you. And, though you may resent their de facto exclusion of less wealthy guests such as yourself, proper etiquette dictates you must still send a gift.

What to wear. If the bride is wearing virginal white, and you want to appear even more virginal, by all means show up in a long white gown. But

As every moviegoer knows, people are constantly having sex at weddings.

Awww...
Remember our wedding?



Of course I do.
We're still paying for that thing!



© Ani Castillo

it's more considerate to let her have her day, however false the advertising might be. If you wear a fancy dress, and you want to be extra considerate, find out what colour the bridesmaids are wearing so you can avoid that hue, too. If you're at all confused about the dress code, or your hosts are from a vastly different culture than your own, simply ask ahead of time what kind of attire is appropriate. Otherwise, a simple dress, summer suit or crisp shirt should be fine.

Speeches. If you're giving a speech, try not to be too drunk. And please do not tell "amusing" stories about the bride or groom's sexual history. Or anyone else's for that matter. If you're being subjected to endless speeches, drink up and shut up. Heck-

ling is strictly verboten at weddings, no matter how boring or offensive the speechifiers may be.

Sit where you're told. Studies (mine) show that 47 per cent of wedding guests are dissatisfied with where they're sitting. In 99 per cent of cases, however, the seating plan is created without any conscious agenda to insult you personally. Unless you're eating off a crate in the kitchen with the household pets, suck it up.

Gifts. The basic rule is that you have up to a year to produce a gift — which is handy if you're certain the couple won't last that long. As for money versus actually bought-and-wrapped presents, see the advice at the top: It's their rodeo, their rules — just go with it.

Food. A vegetarian option is

pretty much de rigueur these days. But if you're vegan with gluten allergies or any other moral or gut-related sensitivities, you might want to discreetly smuggle in your own seaweed rollups or whatever you eat to stay alive.

Illicit sex. As every moviegoer knows, people are constantly having sex at weddings, usually with the wrong people, which can lead to mixing with murderers (The Godfather) or yet more marriage (Wedding Crashers). Note that this behaviour is not mandatory — unless you're a bridesmaid (kidding!). Just a little outdated, sexist, tasteless humour to get you in the mood for your next nuptial event.

Need advice?
Email Ellen:
scene@metronews.ca

ROSEMARY WESTWOOD

Staying in touch after your friends move to Planet Baby

More than ever before, friends are people in far-away places.

Not exclusively, maybe not even perpetually (the older I get, the more stories I hear of people moving "home," as if to underline that building a life on your own can eventually strain).

Some of my beloved friends remain overseas, or over the Rockies. And yet I've never felt so distant as when they become pregnant.

Single or married women of my ilk carry on much the same, no matter where we live. We work, we date, we run marathons or join road-bike racing teams, we move for a new job or get married. We inch forward in our careers or start new ones, go on holidays — even buy a home.

That — affording a house — is treated like a miracle, but of course it has nothing on creating a life. And as a never-pregnant, never-nursing, never-rearing woman, I simply can't relate.

One pregnant friend living in Geneva, weeks from her due date, props her body sideways on Skype to show me her belly — stretched and round, the only visual cue I've had to all that is about to change her life, and has already changed her body.

Another friend in B.C. is unexpectedly pregnant — carrying a child who'll be among the first cohort

of failed-app babies, born of the dubious claim that there's an app even for birth control. Already, she's undergone a kaleidoscope of emotions for which I have no reference, along with physical changes: the nausea, fatigue, tenderness. Both friends will give birth and become mothers, and I will be cheering them on without any sense of the right words to say.

The worst part isn't wanting to relate, though, it's wanting to be useful. To babysit so your friend can grab a shower or something similarly self-indulgent. To swing by for a chat so they don't feel isolated. To experience a bit of their life, so they don't have to explain everything.

I have a niece and nephew in another city, so I already know the pain of missing out on a childhood. But my brother is older, and I almost expect him to chart territory I haven't yet, to be in a way unrelatable because he's up ahead.

Friendships, on the other hand, are in part built on sharing key life moments. It's never a perfect, parallel trajectory, but it's often close enough. Not so, anymore. Not now.

There's no solution to all this. The pain of distance can't always be ameliorated. You can't always be the friend you want to be. That's just the reality of babies in faraway places.

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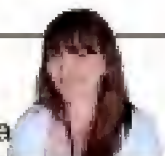


Getting girls excited about tech

EDUCATION

Randi Zuckerberg hopes to pique interest with kids' show Dot

Megan Haynes
For Metro Canada



It's no secret that there aren't a lot of women participating in the science, tech, engineering and math (STEM) trades. But a new series on CBC set to air this fall hopes to encourage more girls to take an interest.

Based on the book by Randi Zuckerberg, Dot follows the adventures of the eponymous character, a little girl obsessed with technology.

Zuckerberg comes by her love of tech honestly: she was an early employee at Facebook (yes, she's Mark's sister), before founding her own marketing and media firm (she also did a quick detour to Broadway). We caught up with her to chat about what's keeping women out of STEM, and how a kids' show can help change that.

There seems to be a lot of vitriol targeted against women online, especially those who are vocal or active in the STEM space – what do you believe drives that negativity?

I think anytime you have only a few people in a space, they have giant bullseyes on them. So one thing we can do is up the numbers of women who are in tech to diffuse the focus away from the small number of women that are very prominent.

Do you think digital bullying has stymied female

participation in the STEM field?

Digital bullying has had a huge impact, which is why I've spoken out against anonymity online. Now, of course there are always situations where people have to be anonymous online. But I think generally people who hide behind anonymity say cruel and terrible things that they would never say if they looked someone in the eye or if they had their real name or image attached to it.

We need to start encouraging more sites to (use) real-name identity. All the studies show people behave better when they're accountable for what they say.

“One thing we can do is up the numbers of women who are in tech to diffuse the focus away from the small number of women that are very prominent.”

Randi Zuckerberg, on the hate directed towards women online

The Prime Minister's wife, Sophie Gregoire-Trudeau said she needed more help as a mother and a public figure – and there was a lot of anger directed at her. When it comes to the tech space, do women get punished when they ask for help?

Well bravo to her! Nobody does anything in this world without a lot of help. Not CEOs or parents. There is a double edge sword: there's a lot of pressure on women to be the perfect mom, and great at business. But we need more women out there who are saying “I want to do it all, and I need help to do it all.”

Taking you back to Dot, how will a children's show help change the conversation?

A lot of studies I've read show that by age seven or eight we start to lose girls in STEM fields. At that point, they've learned society says girls don't go into those fields. That boys have years of experience building things.

Media and pop culture play a very powerful role in changing the conversation. It starts with getting young girls excited and interested in tech and not losing them to another direction. In the series, there's a lot of powerful women. Dot is this funky,

energetic, crazy entrepreneurial spirit. Her mom is an entrepreneur who is teaching Dot to use a 3D printer. Her mom is really techy, and you see her involved with Dot, but also with her own business.

Going off the screen, one of the things that drew me to this project is how many women are involved in the making of this series: On the Jim Henson team, the whole project is led by women. At (Toronto-based animation studio) Industrial Brothers, I was blown away by how many directors of animation are women. I think we're walking the walk both on screen and off screen.



Randi Zuckerberg wants to change the conversation when it comes to girls and technology.

FREDERICK M. BROWN/GETTY IMAGES/FILE



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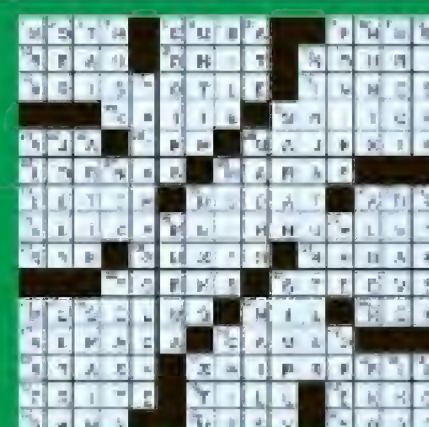
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2	6	1	3	4	8	7	9	5
1	2	9	8	7	5	4	6	3
5	7	8	4	3	6	9	1	2
4	3	6	2	9	1	8	5	7
3	1	7	9	8	2	5	4	6
8	9	2	5	6	4	3	7	1
6	5	4	7	1	3	2	8	9

 YOU CAN DO THIS PLUMBER

'A passion for fixing things'

WHY I LIKE MY JOB

Michael Yuffa, licensed plumber and owner of WaterWorks in Toronto, Ont.

My advice to younger folks who may feel stuck or don't know what to do with their careers? Take the plunge and try out a profession in mechanical techniques. As a teenager, I enjoyed tinkering with and repairing mechanical devices, so it seemed like a natural step for me to pursue an apprenticeship in plumbing. After obtaining my master plumber licence, I began individually servicing water systems, fixtures, boilers and faucets for both residential and commercial clients.

Personally, I've noticed an abundance of opportunities for those just starting out in this trade. Having advanced to the owner of my own business, I've had the opportunity to train and mentor several young tradespeople along the way. I teach and enforce excellence in client service, which is arguably the most important aspect of the job.

I love the feeling of satisfaction after repairing or improving something for a client. I have a passion for fixing things, and my goal is to make household devices safer and easier to use. A career in plumbing was an easy, smart choice for me. After all, faucets will always be leaking...



THE BASICS: Plumber

\$56,468

Median salary of licensed plumbers in Canada, with an average wage of \$27.54/hour. Master plumbers, independent contractors or unionized plumbers can earn upwards of **\$83,412** annually.

+10%

The amount of growth expected in this field over the next 8 years

Data for this feature was provided by payscale.com, service-canada.gc.ca, academycanada.com, jobbank.gc.ca and onetonline.org.

HOW TO START

Many colleges offer formal plumbing or apprenticeship programs that provide hands-on training. Programs generally last up to two years and prepare students for an apprenticeship, which typically requires 9,000 hours of paid labour before writing the formal qualification trade exam. All provinces have websites connecting existing and prospective plumbers with relevant jobs.

WHERE YOU CAN GO

Common avenues for licensed professionals include residential, commercial and industrial plumbing. This trade's bright outlook is supported by both an inflow of commercial construction projects and widespread pressure to replace dated fixtures with new, water-efficient plumbing systems. Manitoba, the Northwest Territories, Nunavut, Ontario and B.C. anticipate a significant increase in job opportunities over the next 3-5 years.

NEXT CAREER STEP

Some licensed plumbers go on to manage their own contracting business, while others may qualify for work as a mechanical engineer, estimator or maintenance manager. Technicians will benefit from advanced training in computer design, layout and project management applications to meet the industry's growing demand for technical skills.

Money management involves whole family

HOUSEHOLD

It may be easy for one person to handle the budget, but...

Gail Vaz-Oxlade
For Metro Canada



If you're the only person in your house responsible for maintaining the family budget and managing the money, you're not doing yourself or your partner any favours.

Yes, being in control feels good. Yes, knowing that things will get done when they are supposed to makes it easier to sleep at night.

But...

What if you got sick and couldn't manage the money anymore? What if you died?

Would that be the best time for your mate to be learning everything you did and how it has to be done? Doesn't it make more sense for your pal to get involved in the family finances while you're able to guide and encourage?

While you may think your fil-

ing system is intuitive because you've gone to great pains to organize it and put things in a logical order, the first time your partner looks at it they'll be lost.

Create a list of what's what and where it is so that there is a road map your honey can follow. There's a good chance that you're counting on your awesome memory for a lot of what you do. Putting it on paper will help you to identify where there may be steps you may have overlooked describing.

If you get your bills electronically, does your sweetheart have access to your email? If you go into hospital to have your herniated disc repaired, will she be able to pay the phone bill on time? Does he know where all the bank accounts are? How about the investments? Does she have a list of all the bills that are paid, automatically or manually, so she knows how much money is going out?

Just knowing where everything is won't help a bit if your partner doesn't have access, so make sure he knows what the passwords on accounts are.

If you've been paying all the bills through your personal account, this is a good time to set up a joint account to which you

both have access for household bill payments so you can share a password. Then you can (and you should) keep your personal information private.

While you're going over your system, take some time to explain why you do the things you do. Just saying, "do it this way" doesn't give buddy any insight into why your system works and he may be tempted to mess with it. So explain yourself.

"We have our chequing account at this bank because it's really convenient for deposits and cash withdrawals and we don't end up paying extra ABM fees. We keep our savings here because they pay more interest than our other bank does."

Or...

"We make the minimum payment on this credit card on the 15th, five days before it's due so we're sure it goes through. At the end of the month, assuming there are no surprises, we put an additional \$200 against this card to pay down the balance."

An explanation will go a long way to preserving the system you've worked so hard to create.

For more money advice, visit Gail's website at gailvazoxlade.com

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HEALTH AND WELLNESS

How to stay healthy at the office

Most of us spend the majority of our time each week at work, often making it challenging to stick to a healthy lifestyle. From pastry-laden brainstorming to lunchtime meetings, the workplace can be full of temptation.

But with a little planning, you can stay healthy while at work and not only hit your career-related goals, but also achieve your health ones:

Eat breakfast

It is true that breakfast is the most important meal of the day. It provides your body energy



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and makes it easier to control your diet. By skipping it, you're likely to get hungry later and resort to grabbing the first doughnut in sight.

Make a habit of eating at home or pre-packing your breakfast each morning. Ozery Bakery has a suggestion: Toast one of their Morning

Rounds and fill it with avocado or cooked egg. Once tried, you'll likely want something like that every day.

Plan ahead

Being prepared is the key to eating right at

work. Packing portable snacks means you'll never be without healthy options when hunger strikes. Veggies, fruit or whole grain Lavash crackers are nutritious options to have on hand.

Out of sight, out of mind

It's much easier to avoid temptation when you can't see it. Close the lid on the donuts, move the bagels to the kitchen and take alternate routes so that you don't have to walk past the candy dish.

Stay hydrated

Workplace health isn't just about food. Thirst often masquerades as hunger, causing you to snack even when you're not hungry.

To avoid this, keep a refillable water bottle on your desk and set reoccurring reminders to drink up.

Get moving

Sitting all day can be detrimental to our health. Whenever possible, take a walk, climb the stairs or stretch at your desk to keep your body, and mind, active.

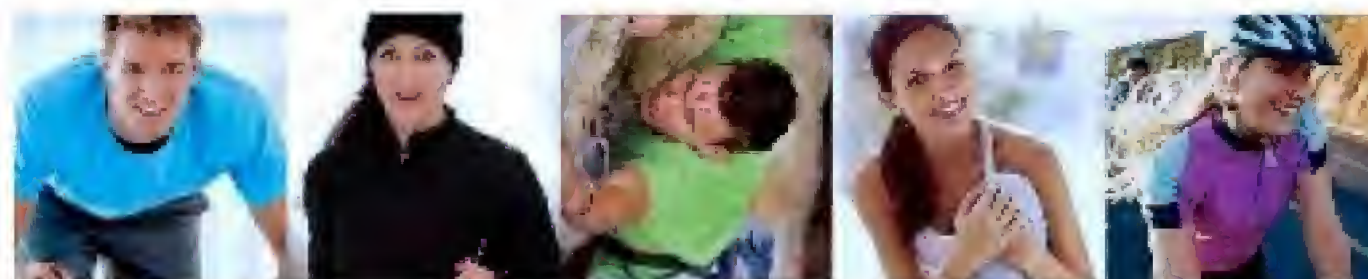
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Treatment for those needing reading glasses

What if enjoying your favourite book didn't require finding your reading glasses anymore?

What used to sound impossible is now a reality for thousands of Canadians who need reading glasses as a promising new treatment is now available at Gimbel Eye Centre in Calgary and Edmonton, according to Chief Operating Officer Gregg Becker. The process is quite new to Canada but is being used in many other parts of the world including Japan and Europe.

"The KAMRA inlay is one of the most promising treatments we at Gimbel have found to address the age old challenge of eyes that come to need reading glasses. This surgery basically reduces or eliminates the need for reading glasses in our patients," Becker says. "I've had it done and it reduced my use of reading glasses by about 80 per cent."

The KAMRA inlay itself is a high tech insert, which is placed into the cornea of one eye in a simple and short procedure, with no pain, and it uses the same laser technology as other procedures done at Gimbel, which have been used for decades. It's just another reason why Gimbel Eye



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Centre is a pioneer in safe and high quality service for over 50 years in Alberta as it continues to lead the industry in innovation.

"Our surgeons began practicing in the areas of cataract and refractive laser surgery when the field was relatively new and the procedures they pioneered are now common across the industry," Becker adds.

For more information, please visit gimbel.com.

BACK PAIN BASICS: WHEN TO SEE A CHIROPRACTOR

Back pain affects as many as 85 per cent of Albertans at some point in their lives and for many it can be quite painful.

Back pain can affect anyone, regardless of age, and can impede even simple, routine activities like walking, sitting and sleeping, according to Edmonton Chiropractor Dr. Brian Gushaty.

"For the people who suffer — and there are many — it can be a frustrating, exhausting and painful road to recovery," he says. "Back pain resulting from injury or trauma is more evolving than chronic back pain."

This is why early intervention is so important.

"Patients will often say, 'I thought it would go away on its own.' And while it certainly can in four to six weeks, that is not always the case. Sometimes back pain can resolve itself, but if the pain is not lessening, or is getting worse, it's best to see your chiropractor as soon as possible. Early intervention may prevent your condition from becoming chronic."

It's especially important to address back pain in an effort to combat degenerative disc disease, also known as DDD, which is extremely painful and greatly affects quality of life.

Dr. Patricia Andrews, an Edmonton chiropractor, says DDD can strike without the sort of trauma you might expect.

"DDD is actually an arthritic disorder that can start with or without a known injury to the back. The intervertebral disc structure between each spinal bone absorbs compressive shock and offers tensile strength," says Andrews.

Back pain is considered a musculoskeletal (MSK) condition — an MSK condition chiropractors are experts at treating. Back pain is actually one of the top reasons why nearly one million Albertans each year seek treatment from a chiropractor.

"Chiropractors are experts trained to not only diagnose, but also treat musculoskeletal conditions that lead to back, neck and head pain. Your chiropractor will work with you



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to ensure the optimal treatment options," Gushaty adds.

Chiropractors use a variety of diagnostic methods and treatment options including: hands-on spinal therapy (an adjustment), activator, decompression tables, flexion

distraction, magnetic resonance imaging (MRI), ultrasound, electromyography and radiography.

More information, including where to find a chiropractor near you, can be found at albertachiro.com.

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Enhancing the healing power of curcumin

Turmeric is widely recognized as one of the most effective nutritional supplements available and there are many health benefits associated with it.

"Curcumin is the main active ingredient in turmeric. It has powerful anti-inflammatory effects and is a very strong antioxidant, which is especially good for your body and your brain," according to Simply Health franchiser Azim Velji.

"Turmeric is a member of the ginger family and is the principal spice used in curry. In India, turmeric root has been used for thousands of years in traditional Ayurvedic medicine, and modern science confirms that curcumin exerts many health benefits."

Curcumin has demonstrated significant activity in many experimental and clinical studies, but its effects have been limited because of poor absorption — until now.

"Natural Factors® Theracurmin is the no. 1 absorbed form of curcumin and represents a major scientific breakthrough in the use of curcumin to promote health. Many of

curcumin's beneficial effects are attributed to its ability to act as an antioxidant and help support balance in certain cellular functions," Velji says.

CurcuminRich contains Theracurmin — a natural preparation that utilizes advanced techniques to reduce the particle size of curcumin within a vegetable gum to dramatically increase its solubility and bioavailability. Detailed absorption studies have proven that Theracurmin is the best absorbed form of curcumin on the market on a milligram-to-milligram basis compared to all other curcumin supplements.

"This improved absorption with Theracurmin is extremely important in getting the health benefits curcumin provides."

Because Theracurmin enhances the absorption of curcumin, all of the benefits associated with curcumin are also enhanced. Existing double-blind clinical studies on Theracurmin demonstrate benefits for liver health, periodontal health, muscle and joint health, vascular health, heart health, and



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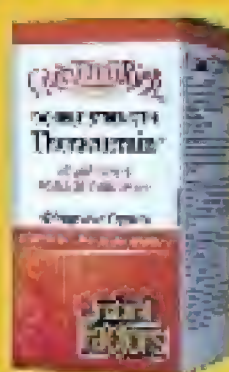
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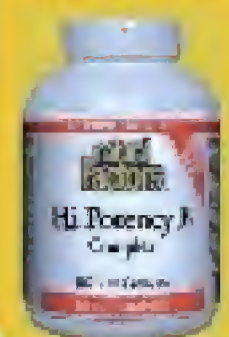
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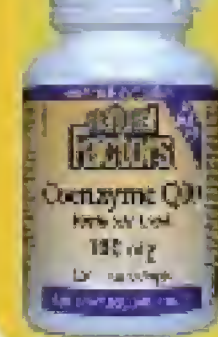
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NBA FINALS

Golden State goes ahead 2-0 as series shifts to Cleveland

The repeat championship Golden State has spoken of since the very start more than eight months ago is suddenly two wins from becoming reality.

That's the only way the Warriors' record-setting season will feel right. They certainly look unstoppable.

Draymond Green flexed his bulging biceps with big plays on both ends of the floor all night for 28 points, seven rebounds and five assists, while MVP Stephen Curry scored 18 points despite foul trouble, and Golden State thoroughly overwhelmed the Cleveland Cavaliers 110-77 in Game 2 of the NBA Finals on Sunday night.

Once the Splash Brothers found their shooting touch, Cleveland couldn't keep up. Klay Thompson got hot after halftime to finish with 17 points and five assists as Golden State became the first team

to go ahead 2-0 in the Finals since the Lakers in 2009 against Orlando.

Now, the series shifts to Cleveland, and LeBron James and the Cavs must show up for Game 3 on Wednesday in front of their title-starved fans down 2-0 to the defending champs and with forward Kevin Love dealing with a head injury.

The NBA said Love experienced dizziness early in the second half and left for the locker-room to be re-examined, then was placed in the NBA's concussion protocol. The

league said he didn't exhibit any symptoms before then, even after taking an elbow to the back of the head from Harrison Barnes in the second quarter and going down for several minutes before returning following a timeout. He made a baseline three-pointer for the Cavs' first basket in nearly 5-1/2 minutes.

The Warriors' 87 victories combined from their record 73-win regular season and the playoffs matched the 1995-96 Chicago Bulls, the group Golden State topped for the most regular season victories in NBA history of 73. THE ASSOCIATED PRESS

GAME 2 In Oakland



Warriors forward Draymond Green defends Cavaliers forward LeBron James during Game 2 of the NBA Finals in Oakland, Sunday. MARCIO JOSE SANCHEZ/THE ASSOCIATED PRESS

BOXING

Louisville unites in prayer, homage

Muhammad Ali's younger brother wept, swayed to hymns and hugged anyone he could reach. He raised his hands to the sky, eyes closed, surrounded by congregants at the church where their father once worshipped.

Rahaman Ali took centre stage at the two-hour, high-energy service at King Solomon Missionary Baptist Church, sitting in a front-row pew with his wife, Caroline. The church is not far from the little pink house in Louisville's west end where the Ali brothers grew up.

It was one of several emotional remembrances Sunday as the city joined together to mourn its most celebrated son, the Louisville Lip. Later this week, politicians, celebrities and fans from around the globe are expected for a Friday memorial service that Ali planned himself with the intent of making it open to all.

At his father's church, the congregation stood in tribute, prayed for the former three-time heavyweight champion and his family and even dug into their pockets, filling a collection plate for Rahaman and his wife as a show of support.

THE ASSOCIATED PRESS



Muhammad Ali GETTY IMAGES

MLB IN BRIEF

Estrada flirts with no-no as Blue Jays defeat Red Sox

Marco Estrada took a no-hitter into the eighth inning for the third time in a year before it was broken up by Chris Young's home run with one out, and the Toronto Blue Jays held off the Boston Red Sox 5-4 on Sunday.

Jose Bautista opened the game with a home run. Edwin Encarnacion added a two-run shot, and Darwin Barney and Russell Martin each had a solo homer for Toronto (31-27).

THE ASSOCIATED PRESS

Arrieta's streak ends at 20 against Diamondbacks

Jake Arrieta's winning streak ended at 20 games when Patrick Corbin and the struggling Arizona Diamondbacks beat the Chicago Cubs 3-2 on Sunday.

The reigning NL Cy Young Award winner had gone 24 regular-season starts without a loss since Cole Hamels pitched a no-hitter for Philadelphia on July 25. Arrieta did lose to the New York Mets in the NLCS last season and was 2-1 in the playoffs. THE ASSOCIATED PRESS

STANLEY CUP FINAL

Sid contained as Sharks bite back

Sidney Crosby, for one night at least, was kept quiet.

The Pittsburgh Penguins captain and Conn Smythe Trophy candidate was held off the scoreboard in a Game 3 loss to the San Jose Sharks on Saturday night. His line was mostly neutralized by the Sharks' top shutdown defensive pair of Marc-Edouard Vlasic and Justin Braun.

"I thought they were outstanding (Saturday) night," San Jose coach Pete DeBoer said of the duo's efforts against Crosby and Pittsburgh's top line.

Dominant in Games 1 and

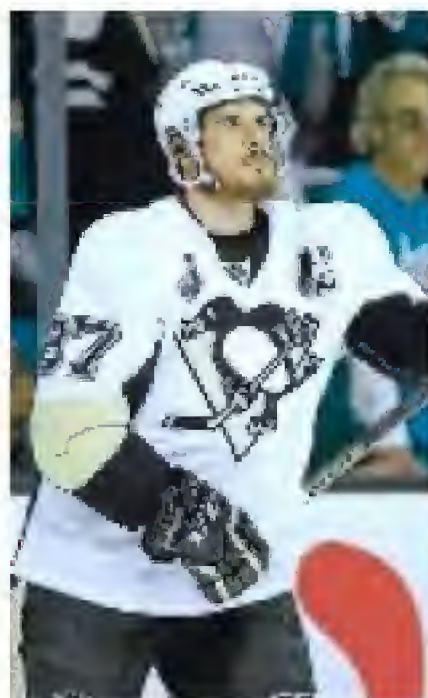
“I thought they were outstanding.”
San Jose Sharks' coach Pete DeBoer on Braun and Vlasic

2, Crosby and linemates Conor Sheary and Patric Hornqvist generated few quality scoring chances in Game 3 and were held to a combined six shots, their lowest cumulative total of the series.

The unit was held without a shot for the first 34 minutes of

the game, with Hornqvist getting the first one on net with six minutes to go in the second period.

It was home-ice advantage and the subsequent benefit of last line change which allowed the Sharks to zero in on their preferred matchup with Crosby. Vlasic and Braun were on the ice against Crosby for more than 13 minutes at even-strength in Game 3, according to War-On-Ice, a hockey analytics website. That was almost double the ice-time the pair saw against the Penguins captain in Games 1 and 2, both in Pittsburgh. THE CANADIAN PRESS



Penguins captain Sidney Crosby GETTY IMAGES

UFC

Bisping takes title with first-round KO

The beer in Michael Bisping's hand was neither his first nor his last of the night. He savoured every sip between his soliloquies deep inside the Forum, the UFC middleweight title belt gleaming in front of him.

After 26 fights in a decade with the UFC, Bisping had just beaten Luke Rockhold in the first round. At 37 years old, the motor-mouthed English bad boy was a UFC champion.

Many men would be speechless. Not many men are Bisping. "Ten years and I never got a title fight, and then I just knocked this bum out in the first round," Bisping said while Rockhold glowered a few feet away at the post-fight news conference.

"I'm just going to relish this moment. I'm going to ride the crest of this wave. I'm going to have a few drinks. After that, once I get rid of the throbbing in my head, I'll take a look at the landscape and see who wants knocking out next."

No, Bisping's arrogance and boorishness didn't vanish when the belt went around his waist, as evidenced by the homophobic slur he apparently muttered —



Michael Bisping swings at Luke Rockhold. GETTY IMAGES

and then immediately regretted — after Rockhold refused to shake his hand. But at the biggest moment in his career, Bisping also was reflective on the path that led to a title.

"I worked my life toward this. I've made a lot of sacrifices. I quit work when I had a wife and two kids and we had no money. We were broke, but she supported me. I moved away to another city. I remember sleeping in my car and trying to open the door with this much snow on top of it, trying to break my way out of the car just to go train in the morning. People don't know the road I've been on."

THE ASSOCIATED PRESS

GOLF

First PGA Tour win a big one for McGirt

William McGirt won for the first time in 165 starts on the PGA Tour, and the timing couldn't have been better.

McGirt played the final 22 holes of the Memorial without a bogey, and his six-foot par on the second extra hole to beat Jon Curran, earned a handshake from host Jack Nicklaus and move high enough in the world ranking (No. 43) to get into the U.S. Open in two weeks at Oakmont.

McGirt, who made one birdie in his closing round of 1-under

71, kept it steady as everyone around him was falling apart on the back nine. His final par in regulation was the most important, a two-putt from 65 feet to join and defeat Curran in a playoff.

1.5M

Amount of US dollars McGirt will earn for the victory.

Curran showed his mettle, too, hitting out of a fairway bunker on the 17th hole to seven feet for a birdie that carried him to a 70. They finished at 15-under 273, one shot ahead of Dustin Johnson (71), with Rory McIlroy (68) among those two shots behind.

THE ASSOCIATED PRESS

IN BRIEF

Canada's men's volleyball team ends Olympic wait

Canada beat China 3-2 on Sunday to secure the final Olympic berth at a men's volleyball qualification tournament.

Canada finished fourth with a 4-3 record and clinched its first Olympic berth in 24 years when world champions Poland defeated Australia 3-0.

THE ASSOCIATED PRESS

De Grasse's Diamond win

Canada's Andre De Grasse won the men's 200-metres on Sunday at the Diamond League event in sunny Birmingham, England.

The 21-year-old from Markham, Ont., finished in 20.16 seconds — his best time of the season — edging Alonso Edward from Panama (20.17) and Sean McLean of the U.S. (20.24). THE CANADIAN PRESS



Novak Djokovic kisses the trophy following his victory against Andy Murray in the French Open men's singles final at Roland Garros on Sunday. DENNIS GROMBKOWSKI/GETTY IMAGES

Djokovic captures elusive French title

TENNIS

Beating Murray means Serb now holds all Grand Slam titles

A French Open champion at long last, and the first man in nearly a half-century to win four consecutive major championships, Novak Djokovic grabbed a racket and etched a heart in the very red clay that had given him such heartache in the past.

Then, when he finally was handed the La Coupe des Mousquetaires — the one trophy he truly yearned for, the one he

needed to complete a career Grand Slam — Djokovic held it overhead, his eyes shut, before kissing it, exhaling and smiling broadly.

In his 12th appearance at Roland Garros, and fourth final, the top-seeded Djokovic earned that elusive title with a 3-6, 6-1, 6-2, 6-4 victory over No. 2 Andy Murray on Sunday, buoyed by a supportive crowd that repeatedly chanted his nickname, "No-le!"

"It's really a very special moment," Djokovic said. "Perhaps the greatest moment of my career." Since losing the 2015 final in Paris, Djokovic has won 28 Grand Slam matches in a row, from Wimbledon and the U.S. Open last year, to the Australian

WOMEN'S FINAL

Garbine Muguruza won her first Grand Slam title by beating defending champion Serena Williams 7-5, 6-4 in the women's final on Saturday, denying the American her record-equaling 22nd major trophy.

Open in January, and now, after quite a wait, the French Open.

"This is something that is so rare in tennis," said Murray, who is now 2-8 in Grand Slam finals. "It's going to take a long time for it to happen again."

The last man to hold all four major titles simultaneously was Rod Laver in 1969, when he earned a calendar-year Grand Slam. Djokovic now can set his sights on that ultimate tennis achievement; he's the first man since Jim Courier in 1992 to get halfway.

Djokovic, a 29-year-old from Serbia, owns six titles from the Australian Open, three from Wimbledon and two from the U.S. Open for a Grand Slam total of 12. Among men, only Roger Federer (with 17), Rafael Nadal (14) and Pete Sampras (14) have more. Djokovic is also one of eight men with at least one championship at each major.

THE ASSOCIATED PRESS



Canada's Felix Auger-Aliassime during his boy's singles final with France's Geoffrey Blancaneaux. MIGUEL MEDINA/AFP/GETTY IMAGES

Canadian youngster shows promise

Canadian tennis phenom Felix Auger-Aliassime was just one point away from his first Grand Slam on Sunday in the French Open boys' singles final.

The 15-year-old from Montreal was unable to accomplish the feat, falling 1-6, 6-3, 8-6 to unseeded Geoffrey Blancaneaux of France at Roland Garros.

"I was devastated after I lost the match point," said Auger-Aliassime. "But after speak-

ing with my coaches, I realize that this was a very good experience."

Auger-Aliassime would have become the first Canadian to win a junior Grand Slam title since Filip Peliwo won both Wimbledon and the U.S. Open in 2012.

"At 15 years old, I realize my potential and what I am able to accomplish," he said.

THE CANADIAN PRESS

RECIPE Shrimp with Bacon and Polenta



PHOTO: MAYA VISNENI

Ceri Marsh & Laura Keogh
For Metro Canada

We like to call this meal a back pocket dinner because you can get it on the table fast since it leans on pantry staples.

Ready in
Prep time: 10 minutes
Cook time: 15 minutes

Ingredients

- 1 cup instant polenta
- 4 1/2 cups water
- 1/4 cup bacon, chopped
- 2 garlic cloves, minced
- 2 Tbsp olive oil
- 28 oz can of tomatoes
- 1 lb frozen or fresh shrimp, peeled, deveined, washed
- 1 small handful of parsley

Directions

1. Bring water to boil and slowly pour in polenta. Lower

the heat and keep stirring for 3 to 5 minutes. Then take it off the heat and cover.

2. In a large pot, warm the olive oil then add bacon and garlic. Cook for a few minutes until the bacon gets brown, but not crispy. Add the tomatoes and break them up with the back of a wooden spoon or a potato masher. Simmer for about 10 minutes.

3. Toss the shrimp, with or without tails, into the tomato mixture and stir, cooking about 3 minutes, or until shrimp are cooked.

4. Give your polenta another stir and maybe even add a splash of water to loosen it. Create a nest of polenta and then ladle your sauce-y shrimp on top. Garnish with parsley.

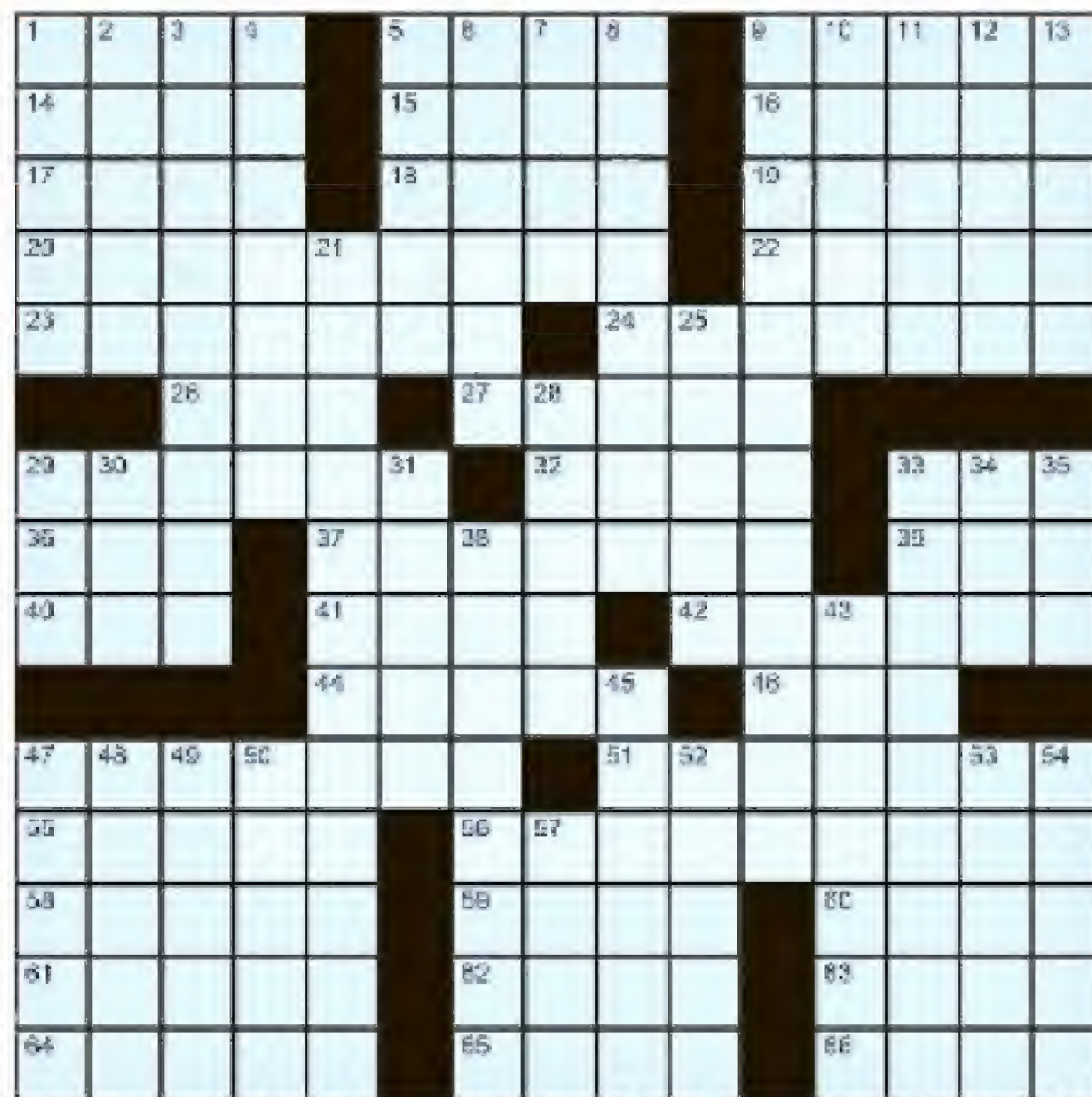
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Be boastful
5. Chicken origins
9. Super fun time
14. "Game of Thrones" actress Ms. Headey
15. Herr's wife
16. Employee's time to eat
17. Good vs. _
18. Plummet
19. Outkast member, _ 3000
20. Getting-nearer-to-the-end sports tournament round
22. Toronto's Loma, and others
23. Procrastinated
24. Vexing
26. Coffee alternative
27. Kept
29. Flowers
32. Surrealist painter Salvador
33. 'Client' ending (Patronage)
36. Rowboat paddle
37. 'A Prairie Oasis' town of southwest Saskatchewan
39. Neighbour of Swed.
40. The first American Idol _ her initials-sharers
41. Flippant
42. No sharps/No flats music scale: letter + word
44. 1986: "Walk Away _" by The Left Banke
46. 'Mountain'-meaning prefix
47. Ignore/send away
51. Wealthy
55. Up to a cer-



- tain time
56. Nut variety
58. Drop the drink
59. Finishes a cake
60. Spin
61. Wedding gown fabric
62. Old shipping weight allowance
63. United, femin-

- ine in French
64. War horse
65. "Bonanza" son
66. Vintage muscle cars

DOWN

1. Sanctify
2. Strengthen, as an embankment
3. Hanna-Barbera, and others
4. Legendary astronomer who lived from 1564 to 1642
5. _ Trinket, Elizabeth

- Banks' role in 'Hunger Games' movies
6. Baby _ (Types of pianos)
7. Fabulous festivity
8. "The Miracle Worker" (1962) teacher, Anne _
9. A real 'jewel' of a town in Al-

- berta; 2 wds.
10. Belonging to Rome's moon goddess
11. _ it goes (There you have it)
12. Buzz off!
13. Guess Who's " _ Eyes"
21. Specialty at Canadian fast food chain Harvey's, _ burgers
25. Excavation extraction
28. Sun-dried brick
29. _ choy (Leafy vegetable)
30. 'Lake' in Chicoutimi
31. Bargains
33. Fun-neas/delight
34. British bathroom
35. Flub
38. Craftsperson who works with light metals
43. Carpet store purchase: 2 wds.
45. Hosts an event
47. Tidies the coffee table
48. Opinion
49. Gateway to swipe a subway pass
50. _ feuille (Type of French pastry)
52. Hops-drying kilns
53. Farm song letters
54. Hills and _
57. 'Height'-meaning prefix

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
This is a lovely day to enjoy the company of siblings, neighbours and relatives. People will make an effort to engage with each other because everyone feels friendly and warmhearted.

Taurus April 21 - May 21
Start this week off with clever moneymaking ideas. Business and commerce are favoured today, so you have the advantage. If shopping, you will love to buy beautiful things.

Gemini May 22 - June 21
This is a great day to buy wardrobe treasures. Go shopping for something that makes you feel great. You probably will succeed in finding something.

Cancer June 22 - July 23
Solitude in beautiful surroundings will delight you today. It's a gentle day, if you can get some peace and quiet. We all need time for quiet introspection and self-reflection.

Leo July 24 - Aug. 23
This is a wonderful day to schmooze with others and deal with groups and organizations. You might influence someone who is artistic or creative. Or perhaps someone who is artistic will influence you.

Virgo Aug. 24 - Sept. 23
You might develop a crush on your boss or someone in a position of authority today. Certainly, relations with authority figures will be smooth and easy today.

Libra Sept. 24 - Oct. 23
You long to travel for pleasure. If you can get out of town today, do so. At least visit museums, art galleries and places that inspire you.

Scorpio Oct. 24 - Nov. 22
Keep your pockets open because gifts, goodies and the wealth and assets of others can benefit you. If someone offers you something, just say, "Thank you!"

Sagittarius Nov. 23 - Dec. 21
This is an excellent day to enlist the help of others and to work jointly with a partner or close friend. People feel very warm and loving to each other.

Capricorn Dec. 22 - Jan. 20
Expect a raise or at least praise at work today, because others are impressed with you. Don't be afraid to ask for help.

Aquarius Jan. 21 - Feb. 19
Romance, love affairs, vacations and playful times are tops on the menu for you today. This is a fun-loving, pleasant day!

Pisces Feb. 20 - March 20
You will enjoy doing something to make your home look more attractive. This is also a good day to explore real estate possibilities.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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\$3,335



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VOLKSWAGEN GOLF GLS
STK# CC0140104

PEACE OF
MIND PRICE

\$3,998



2005
FORD FOCUS ZXW
STK# 5W039879

PEACE OF
MIND PRICE

\$4,300



2004
CHEVROLET CAVALIER VL
STK# 47139138

PEACE OF
MIND PRICE

\$4,948



2006
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